



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><i>Income Tax Appointments**</i> Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>2</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00</p>	<p>3</p> <p>Putting Pen to Paper Writing Group 9:00- 10:00 <i>Alzheimer's Presentation 10:15</i> Line Dancing I & II 10:00-12:00 Game Day 12:00</p>	<p>4</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>5</p> <p>Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>8</p> <p><i>Income Tax Appointments**</i> <i>Alzheimer's Support Group for Caregivers 10:00</i> Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>9</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00</p>	<p>10</p> <p><i>Super Foods Presentation 10:15</i> Line Dancing I & II 10:00-12:00 Game Day 12:00</p>	<p>11</p> <p>Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 <i>Balance Presentation & Assessment 10:30</i> Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>12</p> <p>Crafty Friday* 9:30-10:30 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>15</p> <p><i>Income Tax Appointments**</i> Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>16</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00</p>	<p>17</p> <p>Putting Pen to Paper Writing Group 9:00- 10:00 <i>Brick Historical Presentation 10:15</i> Line Dancing I & II 10:00-12:00 Game Day 12:00</p>	<p>18</p> <p><i>Walking Club 9:00</i> <i>Free Health Screenings 9:30</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>19</p> <p>Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>22</p> <p>Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>23</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00</p>	<p>24</p> <p><i>Lunch & Learn Recycle Presentation **</i> 12:00 Line Dancing I & II 10:00-12:00 Game Day 12:00</p>	<p>25</p> <p><i>Walking Club 9:00</i> <i>Morning Social 9:00</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00</p>	<p>26</p> <p>Crafty Friday* 9:30-10:30 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00</p>
<p>29</p> <p>Book Nook 9:30-10:30 Chair/Aerobics 11:00-12:00 <i>Volunteer Recognition Luncheon</i> Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45</p>	<p>30</p> <p>Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00</p>		<p><i>*Activity is in the Nutrition Site must register for lunch</i> **Must Register - call for additional information</p>	

Call 24 hours in advance to reserve Bus (732-785-3000 option 2077) & Nutrition Lunch (732-920-0700) Must be 60 Years or Older

Balance Presentation & Assessment
Provided by SportsCare Institute
Thursday, April 11th at 10:30

Join the Morning Walking Club
every Thursday (weather permitting)
meet at 9:00 am in the Senior Center
beginning Thursday, April 18th

Tax Time ! Don't Miss Out..
Schedule your
Income Tax Appointment
with our AARP Volunteers
call 732-920-8686

Property Tax Freeze
The State of NJ will have
Property Tax Freeze (PTR)
applications available for the 2018 tax
period at the end of
February 2019
Our staff is available to assist with your
application. If needed
call to schedule appointment

A special thank you to all our
Volunteers who contribute
their time to our Center .
You are greatly appreciated !!

Come see a great movie
just out of the theatre!
Every Thursday and munch on a
complimentary snack.
Bring a Friend!

**To Read or Not to Read is never a question for the
Book Nook!**
Join us the last Monday of every month to discuss
our book over a cup of coffee.
April Book: *Calico Joe*
By John Grisham

Pen to Paper Come out and exercise your
writing skills.. It's creative and fun !
No experience needed and you will amaze
yourself by discovering a hidden talent.

Join the Brick Nutrition Site for a hot lunch.
Monday – Friday 11:00 am
You must call by 10:00 am the day prior
to register call 732-920-0700
Bus transportation is available
call 732-785-3000 x 2077

NEW DAY & TIME !
Alzheimer's Support Group
for all Caregivers
presented by the
Alzheimer's Association of Greater New Jersey
2nd Monday of every month **at 10:00 am**

Alzheimer's Signs & Systems Presentation
Wednesday, April 3rd at 10:15
provided by Alcoeur Gardens

Free Health Screenings
Blood Pressure, Blood Glucose, Blood Oxygen
Thursday, April 18th at 9:30
Fasting Recommended

Super Foods for Super Seniors Presentation
Wednesday, April 10th at 10:15
provided by Complete Care at Laurelton

Brick Historical Presentation
Learn about the history of our town
Wednesday, April 17th at 10:15

Lunch & Learn Recycle Presentation
Wednesday, April 24th at 12:00 noon
provided by Brick Township Public Works
Must Register

Join us on game day
every Wednesday at 12:00 noon
Play Nintendo Switch & other traditional games

Donations for all programs & services
are accepted